



AI and Mental Health: Support Services

If you or someone you know is struggling, these trusted organisations can help right away

In immediate danger? Call emergency services: 999 (UK) or 911 (US)

UK Mental Health Resources

Samaritans

Phone: 116 123 (24/7, free)

Email: jo@samaritans.org

Confidential support for anyone in distress or struggling to cope

Shout

Text: 85258 (24/7, free)

Crisis text line for immediate mental health support

Mind Infoline

Phone: 0300 123 3393

Hours: Mon-Fri 9am-6pm

Mental health information and support

Childline (under 19)

Phone: 0800 1111 (24/7, free)

Online: [childline.org.uk](https://www.childline.org.uk)

Confidential support for young people

US Mental Health Resources

988 Suicide & Crisis Lifeline

Phone: 988 (24/7, free)

Text: 988

Chat: 988lifeline.org

Immediate crisis support and suicide prevention

Crisis Text Line

Text: HOME to 741741 (24/7, free)

Text-based crisis support

NAMI Helpline

Phone: 1-800-950-NAMI (6264)

Hours: Mon-Fri 10am-10pm ET

Mental health information, referrals, and support

SAMHSA National Helpline

Phone: 1-800-662-4357 (24/7, free)

Treatment referrals and information for mental health and substance use

Remember: Seeking help is a sign of strength, not weakness. These services are confidential and staffed by trained professionals who understand what you're going through.

More resources from Digital Safety Squad™:

- [How to Create Healthy Family Technology Rules](#)
- [How to Talk to Your Kids About Online Safety](#)
- [Best Parental Control Apps in 2025](#)
- [Digital Safety Squad | Family Safety Hub](#)

Digital Safety Squad™

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Source: digitalsafetysquad.com/ai-mental-health